



SPECIAL OPPORTUNITY

TRY THE FREE AUTUMN DIABETES PREVENTION CLASS & GET A \$50 GIFT CERTIFICATE

Garrett County Health Department | garretthealth.org

Try the Free Autumn Diabetes Prevention Class & Get a \$50 Gift Certificate

For a limited time, try the **FREE** Diabetes Prevention Class at Garrett Regional Medical Center, and you'll earn a \$50 grocery gift card to Shop N' Save Express in Oakland!

Call Mitzi at 301-533-4271 to learn more and to register for the FREE classes. (Registration is REQUIRED)

More info about GRMC classes: <https://gogarrettcountry.com/grmc-classes/>

\$50 Gift Card Program Info - While the classes are open to GRMC's service area, incentives can only be offered to Garrett County residents at this time. Incentives are limited to the first 20 individuals registered, and will be given out at the end of the first class. Must be 18+, no limit on the number of individuals per household.

Call 301-533-4271 to register!

**Garrett County Health
Department**

1025 Memorial Drive
Oakland, MD 21550
301-334-7777 or 301-895-3111
Fax: 301-334-7701

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